

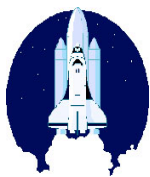


# countdown

November 11, 2008

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## NASA Web site covers prelaunch activities



### ◆ Shuttle Update:

The STS-126 crew arrives about 4 p.m. today to get ready for Friday's launch at 7:55 p.m. aboard space shuttle Endeavour. The countdown for launch will begin at 10 p.m. tonight. The mission management team will meet Wednesday at 9 a.m. to review Endeavour's readiness for launch.

A prelaunch webcast, live blogs, podcasts, pictures and videos will highlight NASA's Web coverage of the mission at: <http://www.nasa.gov/shuttle>.

A webcast at 11:30 a.m. Nov. 13 will start the in-depth online coverage of the mission. Host Damon Talley of NASA's Digital Learning Network will preview the mission, and Endeavour Flow Director Ken Tenbusch will take viewers behind the scenes as he explains the high-stakes work of preparing a shuttle for a mission in space.

A blog will provide launch countdown updates beginning at 2:30 p.m. Nov. 14.

On NASA's shuttle Web site, you also can read about the crew's progress and watch the spacewalks live. As Endeavour's flight wraps up, NASA will offer a blog detailing the spacecraft's return to Earth.

◆ **ELV Update:** On Cape Canaveral Air Force Station's Launch Pad 17-B, solid rocket boosters have been mated to the first stage of the Kepler spacecraft's Delta II rocket. NASA's planet-hunting Kepler mission is scheduled to launch no earlier than March 5.

The Kepler mission is specifically designed to survey our region of the

Milky Way galaxy to discover hundreds of Earth-size and smaller planets in or near the habitable zone and determine how many of the billions of stars in our galaxy have such planets. Results from this mission will allow us to place our solar system within the continuum of planetary systems in the Galaxy.

■ **Reminder** — KSC will hold a one day e-waste collection event for employees' personal electronic equipment from 7:30 a.m. to 2 p.m. **Thursday** in the VAB parking lot across from the MFF. All personal (not NASA property) electronics except TVs, major appliances and fire alarms will be accepted. For more information, contact Maggie Forbes at 867-3305.

■ **The New "Get Moving KSC" Web Site** — The KSC Occupational Health Programs created a Web site at <http://getmoving.ksc.nasa.gov/> to assist you in achieving your goal of better health and fitness. "Get Moving KSC" provides links to many exercise-oriented Web sites and a summary of the services offered here at KSC, plus a calendar of recreational activities in central Florida.

Remember, wherever you are right now in your fitness level, the experienced staff of the Fitness Centers, RehabWorks, the Occupational Health Facility and the Health Education & Wellness Program are available to answer your questions.

If you have any questions, please call Stephen Pilkenton at 867-4662. For program-specific questions, visit the Get Moving Web site and see the respective link for the appropriate POC (menu on left).

## Delta rocket stacked for March Kepler launch

■ **KSC Walking Groups** — With temperatures cooled, it is time to dust off those walking shoes and join a KSC Fall walking group.

- The O&C Trail Walking Group walks on Tuesdays and Thursdays 11-11:30 a.m. Walkers should meet at the east bridge at the southeast corner of the O&C parking lot/trail by 11 a.m. to start walking.
- The Launch Area Walking Group walks Monday through Friday noon-12:30 p.m. Walkers should meet at the southeast corner of the PCC parking lot (street intersection) by noon to start walking.

The groups will continue through Dec. 19. Keep a pair of walking shoes at work! The walks will be canceled for the day if it is raining during walking time.

■ **November 2008 Cardiovascular Disease Screening** — The November screening for cardiovascular disease is 7 to 9 a.m. **tomorrow**. No appointment is necessary. You must fast for 12 hours prior to screening (water only). Please take prescription medications as usual unless otherwise instructed for fasting by your health care provider. The forms can be downloaded from the KSC Forms Index Search page at: <http://ksbcoc-forms.ksc.nasa.gov/findex.cfm>.

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